

Texas

2005 Youth Risk Behavior Survey (YRBS) Results

These risk behaviors¹ . . .

Unintentional Injuries and Violence

- 6% Rarely or never wore a seat belt
- 37% Rode with a drinking driver during the past month
- 19% Carried a weapon during the past month
- 34% Were in a physical fight during the past year
- 9% Attempted suicide during the past year

Alcohol and Other Drug Use

- 47% Drank alcohol during the past month
- 30% Reported episodic heavy drinking during the past month
- 22% Used marijuana during the past month
- 12% Ever used cocaine
- 13% Ever used inhalants

Sexual Behaviors

- 52% Ever had sexual intercourse
- 16% Had sexual intercourse with ≥ 4 people
- 38% Had sexual intercourse during the past three months
- 39% Did not use a condom during last sexual intercourse²
- 87% Did not use birth control pills during last sexual intercourse²

Tobacco Use

- 58% Ever tried cigarette smoking
- 24% Smoked cigarettes during the past month
- 8% Smoked cigarettes on ≥ 20 days during the past month
- 8% Used smokeless tobacco during the past month
- 17% Smoked cigars during the past month

Dietary Behaviors

- 81% Ate fruits and vegetables < 5 times/day during the past 7 days
- 88% Drank < 3 glasses/day of milk during the past 7 days

Physical Activity

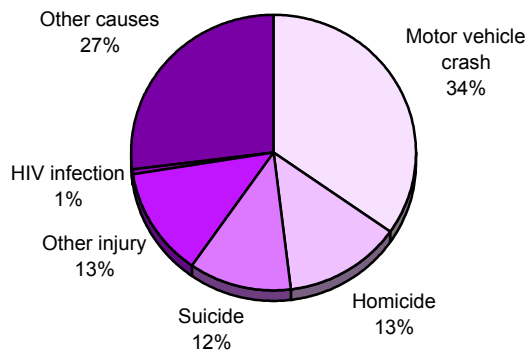
- 64% Did not meet currently recommended levels of physical activity³
- 10% Did not participate in any vigorous or moderate physical activity
- 49% Did not attend physical education class
- 64% Did not attend physical education class daily

Overweight

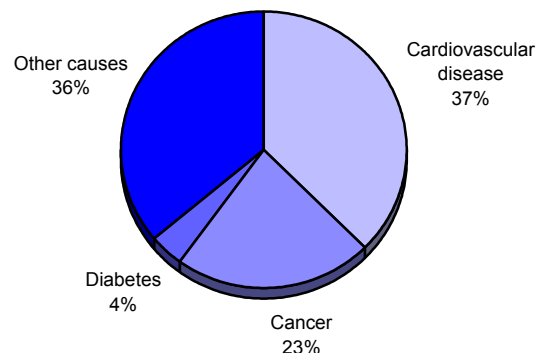
- 15% At risk for becoming overweight⁴
- 14% Overweight⁵

. . . contribute to these leading causes of death.⁶

Youth Aged 10-24 Years



Adults Aged 25 Years and Older



¹ Among high school students only, weighted data.

² Among students who had sexual intercourse during the past 3 months.

³ Were not physically active doing any kind of physical activity that increased their heart rate and made them breathe hard some of the time for a total of at least 60 minutes/day on ≥ 5 of the 7 days preceding the survey.

⁴ Students who were at or above the 85th percentile but below the 95th percentile for body mass index by age and sex, based on reference data.

⁵ Students who were at or above the 95th percentile for body mass index by age and sex, based on reference data.

⁶ 2003 mortality data, CDC.

Where can I get more information? Visit www.cdc.gov/yrbs or call 800-CDC-INFO (800-232-4636).



DEPARTMENT OF HEALTH AND HUMAN SERVICES
CENTERS FOR DISEASE CONTROL AND PREVENTION

